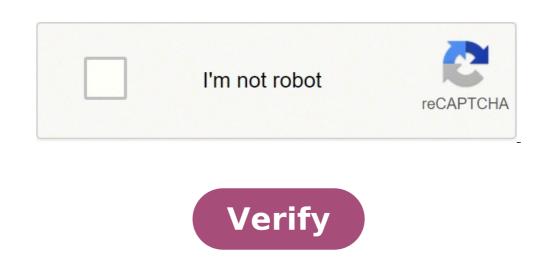
Basic life support 2020



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A clear and working definition of science can help us understand how it fits into our daily lives. The UK Science Council defines science as follows: Ã"Science is the research and application of knowledge and understanding have always tried to pursue and apply knowledge and understanding in their daily lives. Rather than just randomly creating spontaneous experiments, science belongs to all humans, not just to professional scientists. You can explore the wonders of science yourself, if it can question things, meditate on different results, and allow the test to probably point you to conclusions. Science plays a significant part in our daily lives, and inventions over the years have made our modern lives more sustainable. Consider only the scientific wonders of the 20th century: air travel, cars, computers, television, robotics and more. It's hard to imagine a world without these, and the ways in which our lives have been affected. Medical doctors and researchers are constantly searching for new scientific knowledge, drugs and treatments to advance understanding in fields such as biotechnology, immunology, microbiology and neuroscience. When new cures are found through science, fatal diseases could be eliminated with a new medical treatment. The scientific research of communications such as radio, television, printing technologies, computers, internet, mobile phones, wireless communications and much more. The way we receive, understand and distribute information through these channels has had a massive effect on our daily lives. You want an example? Listen to how older Americans explain to younger generations how people used to communicate and get information through previous innovations. Electricity The scientific wonders of electricity have brought light to the world. Electricity has changed the fabric of America from a rural society, an agrarian society that works only during the day, to an industrialized nation that can work in illuminated areas 24 hours a day. As a form of energy that derives from the movement of charged electrons, electricity is one of mankind's greatest scientific achievements. He brought power to homes, cities, schools, restaurants and offices everywhere. Electricity allows us to connect a TV and receive communications. Electricity helps to power the air conditioning and heating systems This has allowed millions of people to move to hot arid climates or cold parts of the world and remain temperature regulated to enjoy their lives. Transportation The scientific invention of gas and diesel engines provided humans with the ability to transport us by cars, buses, trains and airplanes. The results of science in the field of transport us by cars, buses, trains and airplanes. The results of science in the field of transport us by cars, buses, trains and airplanes. The results of science in the field of transport us by cars, buses, trains and airplanes. our understanding about our daily life. Science continues to carry out a new growth in understanding human intelligence and artificial intelligence are allows us to experience the foods we consume, the drinks that are equidistant artificial intelligence are allows us to experience and artificial intelligence are allows us to experience from a single point on the floor. The connected points form a series of arches surrounding the central point. Although the perimeter of a circle has no straight lines, the straight lines play a part in the calculations. A line between any point in the circle and the central point is called a radius. The circle is the perimeter of the circle Architecture circles frequently appear in architecture around the World. The domes, like those that arise the United States Capitol in Washington, D.C., The Duomo of the Cathedral of Florence, and the Basilica of San Pietro a city of the Vatican are all examples of circles used in architecture. The architecture around the world. characteristics in their buildings. For example, the Phillips Exeter Academy library in New Hampshire has a tower concrete slabs with cut circles to allow viewers to see the stacks of books on each floor. The Cathedral of Chartres in France has a large window in circles to allow viewers to see the stacks of books on each floor. The Cathedral of Chartres in France has a large window in circles to allow viewers to see the stacks of books on each floor. design of particle separators. The Large Hadron Collider in Europe is a circle-shaped tunnel. This form helps to force the particles to move. NASA uses more â € • the relationship between circumference and diameter â € • in different applications. This includes calculation trajectories, which determine the size of the distant planets and the measure of craters. Construction The Roman architects used blocks to create the arches that supported their massive aqueducts and dome ceilings. These arcs were able to support more weight than vertical poles and horizontal support beams used in other buildings. Today, the arches are still common under construction for this reason. Transport The wheel inventions of all time. This circle has made it possible for people to move and move things greater distances to faster speeds. The circles are still obvious in the transport in which they appear in vehicle tires, round streets, engine trees and road drawings. GPS is also based on wheels when determining the distance between the and the points and calculate the distance between the and trees and road drawings. GPS is also based on wheels when developing virtual worlds for their games. This is how they create the characters of the paths follow to navigate around objects. They use themknowledge of circles to transfer two-dimensional ideas to a three-dimensional format. Photo Courtesy: jeshoots/Unsplash Technology has made it harder than ever to stay focused on your work. Apps, notifications, emails and social media pose constant threats to your productivity. Instead of trying to multitask or do a digital detox, there are much easier ways to be productive. Take a look at some of these simple life hacks to increase your daily productivity. Everyone is constantly bombarded with texts, emails and other distractions during the work day. No wonder 20% of full-time employees feel burned. A common technique to manage the influx of distractions is to multitask, but the human brain can only focus completely on one thing at a time. Photo Courtesy: marka/Universal Images Group/Getty Images Sure, you can try sending SMS on your phone while watching the news, but you can't do both of them together as successfully as you would individually. This is exactly why doing anything else while driving is so sunk. So stop trying to do it all at once and allow yourself to focus on one thing at a time. Music can motivate in many ways, but it can also be a distraction from getting your work done. The constant influx of words and rhythms into the brain can actually limit concentration. Don't worry, there are alternatives to your favorite hits. Photo courtesy: Relaxing White Noise/YouTube Try listening to white noise can be a great tool for blocking out external noise, keeping you focused on your work. YouTube has a lot of clips like rain on a pond roof or ocean waves to help you stay focused. Italian entrepreneur Francesco Cirillo developed The Tomato technique to improve its time management. Named after its tomato-shaped timer, the technique breaks tasks in 25 minutes blocks of Tomato, he took a longer break. This system works in theory because it focuses completely on one task at a time without interruption. The Tomato technique offers the opportunity to give your indivisible attention to your tasks while getting time to freshen up between. It's easy to drop the rabbit hole email. Opening an email can be a slippery slope that leads to a huge sucking time in the middle of the workday. It's nice to see an empty mailbox, but not if it's at the expense of your most important duties. Photo Courtesy: Web Hosting/Unsplash Try and dedicate twice a day to reply to emails. For example, check emails once in the morning and a In the afternoon you will allow you to devote more time to larger tasks. If someone immediately requires your attention, they will find other ways to contact you. Saying no to others can be difficult, but you can't let your productivity interrupt. 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In general, it's fine to let your productivity inter Varlan / Flickr Now, if it's your boss who's trying to take your time, you should use a different tactic. Let your boss know you can handle the new task, but make sure you indicate your current list of tasks. Let your boss decide which task you should complete first. This does not require to live alone on a mountain top. It's much easier than that. The two-hour Hermit mode allows you to isolate yourself from distractions so you can concentrate. Find somewhere quiet and lonely where you can immerse yourself deep in your work. Complimentary photo: TIM Gouw / UNSPLASH Helps if you are able to turn off your phone and avoid other distractions. Make sure you take some water and maybe a snack to keep your stomach happy. Sure, allow yourself to go to the bathroom if necessary. Wake up in the morning can be difficult. That feeling of inclination didn't go away easily, but a cold shower can often make a make-up. In addition to exploding your sleepy eyes wide open, cold showers offer additional benefits to help your productivity. Complimentary photo: Laura Marques / Unsplone as the cold water pours on you, the breath deepens in response to the temperature. Your body tries to keep you warm, which increases your homework. It's time to remove you from your phone. This may be super difficult, but it is incredibly beneficial to your phone starts to buzz, it's easy to feel tempted. Don't give in to your phone to drastically reduce the possibility of interruptions. It is too easy to control phone notifications and updates, so keep it at bay and stay focused on the task at hand. We're not suggesting to launch your phone is something that never leaves your sight, it could be easier to start slowly. Complimentary photo: Robin Worrall / Instock See if you can beat yourself to check your phone once per hour. If it already seems impossible, try once every half an hour. No matter where you start, what is most important is that it works in the end. The longer it goes without checking your phone, the longer you can spend on your homework. We have already covered how important it is to limit your use ofand avoid distractions. Reeping yourself away from your phone is one thing, but there are other distractions on your computer. Those small notifications can be constant interruptions. Photo courtesy: Rahul Chakraborty / Nails pop-up, alerts and messages of any kind can be problems joking with your concentration. Take the time to shut everything down Device notifications. A small banner message is everything you need to get away from your favorite sites, then go ahead of temptation by blocking access to these sites. There are several web applications that you can use to block sites that make you waste time. Photo Courtesy: NESA by Makers / Unsplash Some applications as SelfControl allow you to set Timed Blocks on your favorite websites. Once time passes, you can visit the sites again. If you are always tempted to check the news or time, it's a small adjustment with an important payment. Ok, this looks terrible, but it could be the best way to be more productive. Nobody likes to wake up before anyone who contacts you for other reasons. Photo Courtesy: MALVESTIDA MAGAZINE / UNSPLASH If a call at 5:00 is too much, it starts slowly and go back. Not everyone is a person in the morning, then go slow by setting the alarm back ten minutes at a time. Social media can be the largest time sucking that costs productivity. In addition to this, social media sometimes have a negative effect on your emotional well-being. Fortunately for us, there are several applications that specifically track and block social media applications are used during the day. Once you know your average use time, try to slowly reduce your time. If this does not work, applications such as FlipD and AppBlock blocks social media applications to work completely. A smile can be much more useful than you are happy or not, can deceive the brain in thinking that you are happy or not, can deceive the brain in thinking that you are happy or not, can deceive the brain in thinking that you are happy or not, can deceive the brain in thinking that you are happy. This smile causes a chemical reaction in the brain that releases hormones such as dopamine and serotonin Photo Courtesy: Philip ride / unsplash serotonin helps reduce stress, and dopamine increases your feelings of happiness. Having a lot of work to do can be stressful, but simply smiling through it can give a more positive perspective on your workload. Distractions can come from anywhere, including your work space. Chefs know more than anyone else. Their fast jobs require concentration and precision in a fast work environment. To help them realize their work, the chefs use a system called "Mise en Place". Photo of courtesy: Piotr Wilk / Unsplash It is a process that plans to organize their utensils and ingredients before cooking. If A similar method and organize your work space to reduce lost time, you can improve overall workflow. When you leave the flow of creative juices, it's natural to think of new tasks or remember exceptional tasks you need to complete. But while the mind vague, some previous thoughts are moved to the rear burner. Courtesy Photo: Brad Neathery / Unsplash Neathery / Unsplash A tiny notepad with you so you can write your thoughts as you have them. This keeps you from forgetting your idea and helps you to start facing the task unconsciously. You can keep working on your current activity and eventually go back and helps you from forgetting your idea. Not that kind of kiss. In fact, this old acronym stands for "keep it simple, stupid", which he doesn't like at all, but it can help you get it done fast. Sometimes homework can feel overwhelming and you're not sure where to start. Give him a k.i.s.s. and approach him differently. Photo courtesy: Tyler Franta / Unstock In many cases, this means breaking down intimidating projects into smaller, manageable tasks. Streamline your process to take care of one problem at a time, and it's much easier to finish a big project. Remember how smiling can help with productivity? The same goes for volunteering your time to helping others also invest in their own personal productivity. Photo courtesy: Anna Earl / Unsplash is a winning/winning situation! You're blocking time from your program to help others, which will ultimately help you feel better. Then, when you go back to work, you come back in a better mood and with a better mood and judgment here is a "Go for this! But earn your reward first. If you need to block time to focus on a pressing activity at your fingertips, then incentivize yourself to do your job. A small reward at the end of a hard work session is a healthy version of working hard and playing hard. Yes, doing "nothing" for 10 minutes a day can improve your productivity. Meditation doesn't require a yoga mat, and focus on your breath. Photo courtesy: Mitchell GRITTO / UNSPLASH Get away from the challenges in your day and float above your homework, if only for a moment. It can refresh your brain and keep you focused when you get back to work. In addition, it gives you clarity about what is important and providing any value, just get rid of them. There is nothing more satisfying than saying goodbye to unimportant distractions. Photo courtesy of Oli Scarff / Getty Images News / Getty A digital detox includes a discouraging sign of e-mail and social media that occupy time and space. Do this once a month you will reduce the time that dedicates to your mailbox. You will even feel better to follow less social media accounts not confirmed. It is inevitable that the smaller tasks will open open Your day. When you have bigger projects to deal with, smaller tasks will open open Your day. When you have bigger projects to deal with, smaller tasks will open open Your day. Dan Gold/Unsplash If the answer is yes, stop what you're doing and get it over with. I'm only two minutes out of your day. If it will take longer, add it to your list of things to take care of later. If you want to be more productive, focus on your sleep. When you are deprived of sleep, you have more trouble concentrating on the task at hand. It is also easier to distract, and you have less energy to engage in important tasks. Photo Courtesy: Julie Johnson/Unsplash Sleeping can help prevent burnout and help your memory stay strong. At the same time, a good night's sleep slows down the chances of making mistakes. The fewer mistakes you make, the faster your job will be done â and the happier your boss will be! If you're still clinging to the concept of multitasking, do your work close to daylight. Studies suggest exposure to sunlight at the same time. How's the multitasking going? Photo courtesy: Volkan Olmez/Unsplash Exposure to sunlight is also associated with increased production of serotonin, which reduces stress, and also helps the body produce vitamin D, which contributes to a stronger immune system. So, take your laptop and pull back those curtains! When you have something boring or unpleasant to do, it's natural to brush it until later. Unfortunately, the more you ignore him, the more he sits in the back of his head, distracting you from finishing the other job. Photo courtesy: lucas Favre/Unsplash If you know you have to do it that day, try doing it the first thing you do after waking up. Getting with early in the day makes it much easier to do other, more enjoyable tasks for the rest of the day. If you communicate with colleagues using chat apps like Slack, you can be slowing down productivity. The app claims it can "make people's work lives simpler and more productive", but beware. Being available on Slack all day makes it easy for others to distract you with comments that aren't important. Photo Courtesy: Chris Ratcliffe/Bloomberg/Getty Images Being "always available" on apps like Slack could also be a major contributor to burnout. If your office requires you to use Slack, switch to its "compact" theme for silent notifications and silent group chats. Believe it or not, singing benefits your physical and emotional health. A study of the University of Frankfurt revealed the singing increases the system And he lowers stress. Reduced stress and a stronger body are both super useful when it comes to remaining productive. Photo of courtesy: Xevi Casanovas / Unsplash This does not mean that you have to start singing in the middle of your office. Serena In the shower, or sing in your car on the road to work. The effects are lasting for your mental attention, concentration and memory. Procrastination is inevitable for most people. The mind wanders from time to time, and is totally understandable. The key is to learn to benefit from your procrastination. This does not include checking Facebook and Twitter every half hour. Photo Courtesy: Mohamed Mazouz / Unsplash instead of procrastinating with something that doesn't like you, try something else. Set a goal to learn something beneficial so that your brain as reading an article in the New York Times. When you come back to work, your brain will be refreshing and energized. Staying production at your work means that your brain must remain alert and energized. If you're not doing anything outside your job to keep him busy, your productivity can go ahead. Try to learn something new in your time to keep your brain energized at work. Photo of courtesy: Annie Spratt / Unsplash This does not mean that you should reach for Candy Crush or other distraction applications. Try learning a new language with an app like Doolingo or read new recipes to try home. Stimulating the brain in creative ways could help you think differently on other tasks. Everyone wants to do well to their work, but they don't lead to extremes, always looking for perfection. Being perfect means you can't make mistakes along the way, and this is too stressful for your emotional and physical health. People will always commit errors, so do a perfect job all the time is almost impossible. Photo of courtesy: Matthew Hamilton / Unsplash Any errors you do along the route are possibility to learn how to do better, and this also applies to productivity. If you try, one of these life hacks to be more productive and don't work for you, try something else! There are many ways to increase your productivity (and your mood!) At the same time, and something is sure to work for you. You.

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